

# Spring 2017

**HEALTH 101 Ticket #3322, 1 UNIT**

**FIRST AID**

**AMERICAN RED CROSS  
FIRST AID/CPR/AED  
FOR SCHOOLS AND THE COMMUNITY**

**1<sup>st</sup> SESSION**

**Dates: Mar 6, 2017 - April 15, 2017**

**Times: Tuesday and Thursday - 9:10am - 10:35am**

**Room: VGT 6**

**Instructor: Deo Sy**

**Title: Instructor of Health and Women's Tennis Coach**

**Office: VG 211**

**Office Hours: Tuesday and Thursday - 8:00am to 9:00am**

**Phone: 818-240-1000 ext. 5545**

**Email: dsy@glendale.edu**

**Web Sites: Anatomyarcade - Whack-a-Bone**

**<http://anatomyarcade.com/games/WAB/WAB.html>**

## **COURSE SYLLABUS**

### **I. COURSE DESCRIPTION:**

In Health 101 - First Aid (American Red Cross, First Aid/CPR/AED Program) You will watch a number of video segments that show specific emergencies. The purpose of the course is to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This program offers First Aid, CPR, and AED courses to meet the various training needs of a diverse audience.

### **II. STUDENT LEARNING OUTCOMES:**

1. Recognize that health emergency exists.
2. Demonstrate the appropriate skills required to perform rescue breathing and cardiopulmonary resuscitation on infants, child, and adults.
3. Identify injuries and sudden illnesses that require immediate first aid treatments.

### **III. MATERIALS REQUIRED:**

- First Aid/CPR/AED Participants Manual, American Red Cross, Published by StayWell Health and Safety Solutions, ISBN: 978-1-58480-665-3
- Student First Aid and CPR Training Kit (Face Shield, Latex Gloves, Gauze, Roller Bandage); **BRING TO CLASS EVERY DAY**

### **IV. STUDENTS WITH DISABILITIES:**

All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

### **V. BEHAVIOR:**

As a student of Glendale Community College you will behave in such a manner so not to bother other students and/or disrupt the instructor during class. If you fail to act in the appropriate manner, disciplinary action will be taken. Ultimately you will be reported to the Dean of Student Activities. Finally you can be asked to drop the class.

Cell Phone Policy:

A student who engages in any cell phone activity within our classroom space will be excused from the entire day's proceedings, especially if there is an exam. Cell

phone activity includes talking, ringing, texting, reading, checking, use as a resource or reference, etc. Please turn off your cell phones prior to class and keep your phone out of sight.

## **VI. ACADEMIC DISHONESTY POLICY:**

College study is the process of becoming an independent scholar. All students are expected to do their own work. All forms of cheating and plagiarism are absolutely forbidden. This is the official policy of Glendale Community College and the instructors of this course. Students found cheating will have their assignments, tests, and/or quizzes marked 0 (zero) for FAILURE and may receive a failing grade for the course.

### **Examples of cheating includes, but are not limited to the following:**

- Using unauthorized materials on exams.
- Copying other students exams.
- Submitting any assigned work that is not the student's own.
- Copying other written materials without proper credit to the original author.
- Downloading from computer networks.
- Purchasing papers.

Incident of Academic Dishonesty will be reported to the Vice President of Instruction and will become part of the student's Glendale College file.

**DURING THE TEST:** I do not allow the use of any form of electronic equipment. Turn off your phone and put it away. If you take your phone out or use it in any way, shape or form, you will receive a 0 (zero) on the test and will be asked to leave the class. This also applies if you leave the class to make or receive a call, text, etc.

## **VII. EVALUATION – AMERICAN RED CROSS CERTIFICATION (CARDS)**

The requirements for the successful course competition and certification are:

- Attending all class sessions and participating in all activities, skill sessions, and skill scenarios.
- Correctly demonstrating all required hands-on skills.
- Correctly answering at least 80 percent of the questions on the American Red Cross exams (you must complete the course with a minimum of 80% score, and receive the grade of "A" or "B" as your final grade).
- American Red Cross certificates are valid for 2 years and will be mailed to you. There is an additional cost of \$27.00 for the card. You will need to make out a check payable to the "GLENDALE COLLEGE" and bring a self addressed, stamped envelope by the last day of class. I will mail you the card(s) as soon as I receive them from the American Red Cross or you can stop by my office and pick them up.

## VIII. GLENDALE COLLEGE FINAL GRADE

Quizzes: Total 25 points

You will be required to take 6 quizzes (25 total points + 5 extra credit points). Quizzes will be posted on Moodle. Quizzes must be completed and submitted by posted date. Quizzes will have time limits. Read instructions carefully before beginning. QUIZZES CANNOT BE MADE UP!

Quiz 1: Chapter 1	5 points (10 questions = .5 pt each) - Due on 3/12
Quiz 2: Chapter 2	5 points (10 questions = .5 pt each) - Due on 3/17
Quiz 3: Chapter 3	5 points (10 questions = .5 pt each) - Due on 3/24
Quiz 4: Chapter 4	5 points (10 questions = .5 pt each) - Due on 3/31
Quiz 5: Chapter 5	5 points (10 questions = .5 pt each) - Due on 4/7
Quiz 6: Ch. 6 & 7	5 points (10 questions = .5 pt each) - Due on 4/14

Tests: Total 80 points

You will be required to take 3 tests (total points of 80). These tests will be completed in-class and you will need a Scantron form NO. 882-E and pencil for each test. TESTS CANNOT BE MADE UP!

Test 1: Chapter 1 - 2	10 points (10 questions = 1 pt each) - 3/16
Test 2: Chapter 3 - 4	40 points (40 questions = 1 pt each) - 3/30
Test 3: Chapter 5 - 7	30 points (30 questions = 1 pt each) - 4/13

Participation: Total 5 points

You will be required to be active on Moodle and participate in class activity.

## IX. GRADING SCALE

Quizzes = 25 pts; Test 1 = 10 pts, Test 2 = 40 pts, Test 3 = 30 pts; Participation = 5 pts; Total points possible = 110 points

### POINTS

**110 - 99 = A**

**98 - 87 = B (Minimum grade to receive American Red Cross Certification)**

**86 - 75 = C**

**74 - 63 = D**

**56 - 0 = F**

**NO MAKE UPS FOR TESTS, QUIZZES, OR PRACTICALS. It is your responsibility to drop the class.**

## **AMERICAN RED CROSS FIRST AID APP**



### **DOWNLOAD THIS APP AND YOU WILL BE REWARDED**

Practical: Pass or Fail

1<sup>st</sup> PRACTICAL SCENARIO, **3/21** - CPR Adult, Child, Infant without AED (FACE SHIELD AND GLOVES mandatory); REVIEW SKILL SHEETS, Page 53-58.

2<sup>nd</sup> PRACTICAL SCENARIO, **3/21** - CPR Adult, Child, Infant with AED (FACE SHIELD AND GLOVES mandatory); REVIEW SKILL SHEETS, Page 59-60.

3<sup>rd</sup> PRACTICAL SCENARIO, **3/28** - Choking. REVIEW SKILL SHEETS, Page 68-73.

# COURSE OUTLINE

## 6 Week Course

### Week 1: March 6 - March 12

#### 1st day - Tuesday: March 7

Take Role, Orientation, Introduction, Syllabus, Moodle

Start Chapter One (1) - Before Giving Care

1. You Can Make A Difference (Adult) (1:48)
2. You Can Make A Difference (Child) (1:41)
3. CHECK-CALL-CARE (Adult/Child/Infant) (2:49)

Homework: Take Safety Quiz on Moodle - Due by 3/9 (dropped if not taken)  
Read Chapter One (1) - Before Giving Care  
Complete Quiz 1 (Chapter 1, Pages 1 - 22) Due Sunday, March 12  
by 11:55pm via Moodle  
Review Skill Sheet 1-1 - Removing Latex-Free Disposable Gloves  
(Page 22)

#### 2nd day - Thursday: March 9

Take Role, Orientation, Introduction, Syllabus, Moodle, Free American Red Cross  
App Extra Credit due

Conclude Chapter One (1) - Before Giving Care  
Start Chapter Two (2) - Checking an Injured or Ill Person

1. Checking a Responsive Person (Adult) (3:46)
2. Checking a Responsive Person (Child) (3:58)

Homework: Take Safety Quiz on Moodle - Due by 3/9 (dropped if not taken)  
Read Chapter Two (2) - Checking an Injured or Ill Person  
Complete Quiz 2 (Chapter 2, Pages 23 - 33), Due Friday, March 17  
by 11:55pm via Moodle  
Review Skill Sheet 2-1 - Checking a Responsive (Pages 30-32)  
Review Skill Sheet 2-2 - Checking a Person Who Appears to Be  
Unresponsive (Pages 32-33)  
Study for Test #1 - Chapter 1 and 2, pages 1-33  
Make sure to bring First Aid and CPR Training Kit for next class

## **Week 2: March 13 - March 19**

### **3rd day - Tuesday: March 14**

Conclude Chapter Two (2) - Checking an Injured or Ill Person  
Start Chapter Three (3) - Cardiac Emergencies

1. The Heart's Electrical System (5:35, pause at 3:21)
2. Signs and Symptoms of a Heart Attack (1:43)
3. Recognizing and Caring for Cardiac Emergencies (4:28, pause at 2:22)
4. The Cardiac Chain of Survival (Adult/Child/Infant) (2:46)
5. Giving CPR (Adult/Child) (2:41)
6. Giving CPR (Infant) (1:56)
7. Giving CPR: Practice While You Watch (Adult/Child) (2:45)
8. If The Chest Does Not Rise with Rescue Breaths (1:06)

Homework: Read Chapter Three (3) - Cardiac Emergencies  
Review Skill Sheet 3-1 - Giving CPR to an Adult (Pages 53-54)  
Review Skill Sheet 3-2 - Giving CPR to a Child (Pages 55-56)  
Review Skill Sheet 3-3 - Giving CPR to an Infant (Pages 57-58)  
Review Skill Sheet 3-4 - Using an AED (Pages 59-60)

### **4th day - Thursday: March 16**

**TEST #1 on Chapter 1 and 2, pages 1 - 33, (10 questions) Test materials:  
Scantron form NO. 882-E and Pencil (No dictionary, no electronic devices)**

Conclude Chapter Three (3) - Cardiac Emergencies

1. Giving CPR: Practice While You Watch (Infant) (2:59)
2. Hands-Only CPR (1:42)
3. AED Basics (1:29)
4. Using an AED (Adult/Child/Infant) (3:02)

Homework: Read Chapter Three (3) - Cardiac Emergencies  
Complete Quiz 3 (Chapter 3, Pages 34 - 60), Due Friday, March 24  
by 11:55pm via Moodle

Review Skill Sheet 3-1 - Giving CPR to an Adult (Pages 53-54)  
Review Skill Sheet 3-2 - Giving CPR to a Child (Pages 55-56)  
Review Skill Sheet 3-3 - Giving CPR to an Infant (Pages 57-58)  
Review Skill Sheet 3-4 - Using an AED (Pages 59-60)  
Study for Test #1

## **Week 3: March 20 - March 26**

### **5th day - Tuesday: March 21**

**1<sup>st</sup> PRACTICAL SCENARIO - CPR Adult, Child, Infant without AED (FACE SHIELD AND GLOVES mandatory); REVIEW SKILL SHEETS, Page 53-58.**

**2<sup>nd</sup> PRACTICAL SCENARIO - CPR Adult, Child, Infant with AED (FACE SHIELD AND GLOVES mandatory); REVIEW SKILL SHEETS, Page 59-60.**

### **6th day - Thursday: March 23**

Start Chapter Four (4) - Choking

1. Recognizing Choking (Adult/Child/Infant) (1:03)
2. Caring for Choking (Adult/Child) (1:43)
3. Caring for Choking (Infant) (1:31)

Homework: Read Chapter Four (4) - Choking  
Complete Quiz 4 (Chapter 4, Pages 61 - 73), Due Friday, March 31 by 11:55pm via Moodle  
Review Skill Sheet 4-1 - Caring for an Adult Who is Choking (Pages 68-69)  
Review Skill Sheet 4-2 - Caring for a Child Who is Choking (Pages 70-71)  
Review Skill Sheet 4-3 - Caring for an Infant Who is Choking (Pages 72-73)  
Study for Test #2

## **Week 4: March 27 - April 2**

### **7th day - Tuesday: March 28**

**3<sup>rd</sup> PRACTICAL SCENARIO - Choking. REVIEW SKILL SHEETS, Page 68-73.**

Homework: Study for Test #2 - Chapter 3 and 4, pages 34-73



**8th day - Thursday: March 30**

**TEST #2 on Chapter 3 and 4, pages 34 - 73, (40 questions) Test materials: Scantron form NO. 882-E and Pencil (No dictionary, no electronic devices)**

**Week 5: April 3 - April 9**

**9th day - Tuesday: April 4**

Start Chapter Five (5) - Sudden Illness

1. Asthma (Adult/Child/Infant) (1:45)
2. Anaphylaxis (Adult/Child/Infant) (2:47)
3. The FAST Check for Stroke (1:03)

Start Chapter Six (6) - Traumatic Injuries

1. Using Direct Pressure to Control External Bleeding (Adult) (2:45)
2. Using Direct Pressure to Control External Bleeding (Child) (2:43)
3. Using a Commercial Tourniquet (1:21)

Homework: Read Chapter Five (5) - Sudden Illness  
Complete Quiz 5 (Chapter 5, Pages 74 - 92), Due Friday, April 7  
by 11:55pm via Moodle  
Review Skill Sheet 5-1 - Assisting with an Asthma Inhaler  
(Pages 89-90)  
Review Skill Sheet 5-2 - Assisting with an Epinephrine Auto  
Injector (Pages 91-92)

**10th day - Thursday: April 6**

Finish Chapter Six (6) - Traumatic Injuries

1. Concussion (Adult/Child/Infant) (1:40)

Start Chapter Seven (7) - Environmental Injuries and Illnesses

2. Burns (Adult/Child/Infant) (2:11)

### 3. Heat-Related Illnesses (Adult/Child/Infant)

(3:26)

Homework: Read Chapter Five (5) - Sudden Illness  
Complete Quiz 5 (Chapter 5, Pages 74 - 92), Due Friday, April 7  
by 11:55pm via Moodle  
Review Skill Sheet 5-1 - Assisting with an Asthma Inhaler  
(Pages 89-90)  
Review Skill Sheet 5-2 - Assisting with an Epinephrine Auto  
Injector (Pages 91-92)  
Read Chapter Six (6) - Traumatic Injuries  
Read Chapter Seven (7) - Environmental Injuries and Illnesses  
Complete Quiz 6 (Chapter 6 and 7, Pages 93 - 140), Due Friday,  
April 15 by 11:55pm via Moodle  
Review Skill Sheet 6-1 - Using Direct Pressure to Control External  
Bleeding (Page 116)  
Review Skill Sheet 6-2 - Using a Commercial Tourniquet (P. 117)  
Study for Test #3 - Chapter 5 - 7, pages 74-140

## Week 6: April 10 - April 15

### 11th day - Tuesday: April 11

American Red Cross Certifications, Administrative Duties for First Aid Cards -  
Checks made out to the "Glendale College", Self Addressed Stamped Envelope

Homework: Complete Quiz 6 (Chapters 6 and 7, Pages 93 - 140), Due Friday,  
April 14 by 11:55pm via Moodle

### 12th day - Thursday: April 13

**TEST #3 on Chapters 5 to 7, pages 74 - 140, (15 multiple choice questions, 15 fill  
in the blank questions, Total 30 questions) Test materials: Scantron form NO.  
882-E and Pencil (No dictionary, no electronic devices) 40 MINUTES FOR  
EXAM**

American Red Cross Certifications, Administrative Duties for First Aid Cards -  
Checks made out to the "Glendale College", Self Addressed Stamped Envelope